



dads *planner*

A simple week-by-week planner to help you stay present, share the workload, support your partner, and make time for the little moments that matter.

WEEK 1 - SETTLE IN & FIND YOUR RHYTHM

Done	Task Description	Due Date	Notes
☐	Write down 3 things you want to accomplish this week		
☐	Choose 2 baby-care tasks you will take responsibility for		
☐	Choose 2 household tasks you will handle this week		
☐	Schedule one check-in with your partner		
☐	Plan one activity or quiet moment with your baby		

WEEK 2 - SUPPORT & CONNECT

Done	Task Description	Due Date	Notes
☐	Which baby-care task can you take over more consistently?		
☐	Which household task can you completely take off your partner's plate?		
☐	What does your partner need more help with this week?		
☐	Schedule one block of time for your partner to rest		
☐	Choose one thing you want to do together as a family		

WEEK 3 - BUILD CONFIDENCE

Done	Task Description	Due Date	Notes
☐	What is one thing you want to learn or get better at with your baby?		
☐	What household task needs to be handled before the week ends?		
☐	Schedule one hour that is just for you		
☐	Write down one moment from this week you want to remember		

WEEK 4 - LOOK AHEAD

Done	Task Description	Due Date	Notes
☐	List the 3 things that worked best during your leave		
☐	Decide which baby-care responsibilities you will continue after leave		
☐	Decide which household responsibilities you will continue after leave		
☐	Write down what needs to be arranged before returning to work		
☐	Plan one final family activity before your leave ends		

You don't have to do everything perfectly. Being present, helping where you can, and making time for your family is what matters.

A memory I want to remember:
